Vegetables and fruit on Bonaire

BASIC BOOK

POP Bonaire
Preface

This book provides you with the basic knowledge to grow vegetables and fruit in your own garden in the dry climate of Bonaire, Aruba and Curacao. The photos show you what you need and what you should do. The text clarifies the story. You can find additional information in the appendices.

The Basic Book Vegetables and Fruit was made to stimulate people to cultivate healthy, fresh and affordable vegetables. The inspiration originates from the workshops with Rocky Emers to adults and with Edshel Martha to young people.

We would like to thank Gemine Ramackers-Frans for the pleasant cooperation and for her leading part in this book. The photos were taken in her beautiful garden. The photos of the vegetable greenhouse were taken with Lacey Pauletta. We thank Nolly Oleana for his comments.

Do you have questions or do you want to receive the text in Papiamentu or in Dutch? Then send an email to popbonaire@gmail.com.

Colophon
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Basic Book Vegetables and Fruit on Bonaire

Dedication
This book for starting market gardeners is for anyone who wants to grow vegetables and fruit for personal use. Step by step you are shown how to build, care for and harvest a vegetable garden.

Plants need daily care. You grow vegetables and fruit with love and attention.

Your health
Daily eating fresh vegetables and fruit keeps you healthy.

Delicious!
What is more delicious than a meal with freshly harvested spinach?
A beautiful stew of your own okra?
A ripe papaya, still warm from the sun?

It is delicious,
it is healthy and:
it is enjoyable to do!
Black soil is the basis
Plants do not grow well on a soil with many rocks or a soil that dries up hard after the rain. But fortunately you can make your own fertile soil: with black soil.

Make your own black soil

- 2 buckets taken from your own garden or diabase
- 1 bucket of chicken manure
- 1 bucket of goat manure
- 1 bucket of soil from under the watapana (or additional manure)
- ½ a bucket of ashes of the barbecue

Mix everything well. Moisten the soil properly after the mixing. After three days of rest the soil is ready for use.
2. Vegetable greenhouse
Growing in the open air is not easy on Bonaire. A vegetable greenhouse with shade mesh is required to protect the plants against the sun and wind and to keep iguanas and birds at bay. You can build a vegetable greenhouse from wood or with PVC tubes.

A vegetable greenhouse of 2 by 3 metres costs about $225 on materials. Two people can build this vegetable greenhouse in 3 hours. You can see this as an investment: if you can eat vegetables from your own garden three times a week then you recover the costs within six months. In appendix 1 you can read how you can build your own vegetable greenhouse.

In the vegetable greenhouse you create trays with borders of planks or stones. Place 25 cm of black soil at the bottom.
Vegetables
Experience teaches that there are vegetables that grow well on Bonaire and vegetables that grow not so well. If you start growing vegetables for the first time then it is best to start with the easy vegetables.

**Easiest vegetables**
Okra, spinach, chard, elephant’s ears, Chinese cabbage and rocket.

You need to guide spinach upwards with a twine or along mesh. Other vegetables, like tomatoes, cucumber and yardlong beans, also need to be guided.
More difficult vegetables
Tomatoes, yardlong beans, cucumber and bell peppers are more difficult to grow on Bonaire. Tomatoes, for example, will only have fruits in the ‘cold’ period, between November and March. Yardlong beans grow well but can suffer much from insects. However, these vegetables are delicious; you can plant them when you have a little more experience.
Vegetables in the sun

There are vegetables that can well be grown in the sun outside the vegetable greenhouse, e.g. okra, komkomber chikí (little cucumbers), pumpkin, beans, watermelon and sweet potatoes. It is important to protect the plants properly against iguanas by fencing the garden, for instance with old metal corrugated sheets.
4. Getting started
You can sow plants directly at the location where they should be. Or you plant young plants that you purchased, exchanged or were given.

**Sowing**
Sow directly at the location where the plants should be.

In case of big seeds, e.g. beans, chard and okra, you create a hole in the soil with your finger, up to one phalange deep.

Place a seed in the hole and cover it with soil.
For small seeds, e.g. parsley, create a channel in the soil with your finger.

Scatter the seeds in the channel with your thumb and two fingers, as if scattering salt. Place a thin layer of soil over the channel and water with a watering can with a fine sprinkler head.
Thinning
In case of smaller seeds too many plants are often too close to each other. This requires thinning: leave the strongest plants.

The thinned plants of leafy vegetables and green herbs are delicious and healthy, you can use them in a salad. Also see chapter 10 about microgreens.
Planting
You can plant young plants in a pot at their definitive location. Moisten the earth in the pot then you can remove the plant more easily from the pot.
Cover with some loose soil and water the plant.
5. Water
In a greenhouse of 2 by 3 metres you will need half a cubic metre (0.5 m$^3$) of water per month. Water of WEB appears to be an expensive option but half a cubic metre of water costs $2. You already earn this back eating from your own garden once!

It is best to water your plants at the beginning of the morning before 8 o’clock or at the end of the afternoon after 6 o’clock. It is then relatively cool, hence less water evaporates.

The art of watering
• calmly and not too much at once;
• you water the soil, not the plant.

There are different ways to save water. Read the tips in appendix 4!
6. Harvest and care
If you harvest neatly and care properly for your plants and the soil then you will enjoy it longer!

**Harvest neatly**

Harvesting is a feast. Use a sharp knife or shears. You then create a neat, clean cut. If you pluck with your fingers then you quickly tear apart a piece of the plant. Diseases can easily occur in that torn piece.

In case of chard, lettuce, Chinese cabbage, celery and parsley you do not immediately need to harvest the entire plant. Only cut the large exterior leaves. If you leave the leaves in the heart of the plant then the plant will continue growing and you can harvest again later.
Care
During the growth the plant obtains nutrients from the soil. For a good growth of the plant you should provide a bit of manure every month.

A good manure mixture consists of:
- 2 buckets of manure (goat, chicken or donkey);
- 1 bucket of soil of the watapana (or additional manure);
- ¼ of a bucket of ashes of the BBQ.

Place a thin layer of manure of 3 cm around the plants. Do not place the manure against the plants.

Do not forget to weed, otherwise the vegetables receive too little nutrients.

In appendix 5 you can read more about important nutrients for plants.

Do the plants no longer look solid or do they remain light in colour instead of a beautiful, full green? Then they do not receive sufficient nutrients and you need to fertilise.
Clear
When the plant is no longer producing, you remove it. You can place the plant residue alongside plants or trees to prevent desiccation. You must throw away sick plants in a rubbish bag.

Loosen the soil with a rake or a shovel. Rake the soil in a fine and level fashion.

Mix a layer of manure of 3 cm loosely through the subsoil.

Do not keep planting the same vegetables at the same location. Because diseases can then spread in the soil due to moulds and nematodes. Rotate different vegetables. This is called ‘crop rotation’. A useful diagram can be found in appendix 6.

When the soil has been properly taken care of you can sow or plant again.
7. Aphids and ants
Ants, white flies and aphids, including mealybugs can inflict damage on plants. *Do not panic!* Plants will always be suffering a bit from insects. Healthy plants can resist this. You do not immediately need to do something about it.

**Aphids**

Aphids punch a hole in the plant to suck up the plant liquids. The plant will suffer from growth disorders, becomes yellow, partly dries or dies entirely.

Aphids “poop” honeydew, which is sweet and sticky. A black mould may grow on it that attracts ants.

Aphids are small insects, they are often green but sometimes also black.

You give and take in nature. In the dry season insects sometimes throw themselves on the green plants in the greenhouse at a large scale. It is then hard to grow vegetables. Remove all plants, fertilise the soil and give the greenhouse a month of rest. Do water three times a week for the life in the soil.
**White flies**
White flies look like small white butterflies, often at the bottom of the leaves. They fly up in a group when disturbed. In reality the flies are much smaller than in this photo.

**Ants**
Ants seek coolness and water near the roots of the plants and create nests there. The plant is damaged or dies. If you have aphids in your plants then the ants are quickly attracted by the honeydew.

Mealybugs occur regularly on yard long beans, spinach and Chinese cabbage.
Prevention and combatting

**Prevention**
Make sure that the plants are healthy and strong then they are more resistant to diseases and pests. Fertilise the soil every month and water sufficiently.

Ants and aphids get confused from strongly smelling plants. For instance mint and basil. Hence, also plant these amongst your crops. The aphids and ants can then find them with less ease. And the herbs are also delicious!

Good to know: ants leave odour traces and always follow the same route. If you destroy the route then the ants get confused. You can also scatter talcum powder on the route then the ants will no longer pass it. Coffee grounds, coffee residue and milled pepper also work.
Recipe for spraying against aphids and white flies

- 1 litre of water
- 20 ml (2 tablespoons) of liquid green soap
- 20 ml (2 tablespoons) of spirit
Mix everything well!

Spirit (app. $ 2) and green soap (app. $ 2.40) are available at the supermarket.

Spraying
A plant sprayer is already available for app. $ 3.

Below you can read two recipes for natural agents against aphids and against ants.

Do not spray with chemicals. It is dangerous to yourself and to your family eating the vegetables.
Spray the mixture on the stems and leaves with the aphids with a plant sprayer. Do not forget the bottom side of the leaves! You can also clean the leaves with a sponge with the mixture.

**Attention:** Do not spray or sponge in the full sun! Do not use too much spirit and never use it in pure form. It will kill the plants.
Recipe for spraying against ants

1 litre of water
0.5 litre of natural vinegar (not the chemical cleaning vinegar), available for app. $ 1 per litre

You pour the vinegar water at the location of the ants, on paths and under pots that are standing on the soil. You can use a watering can with sprinkler head. The vinegar will chase the ants away. Do not pour vinegar water directly on your plants and neither near the roots!

If too many ants remain then you can kill them with boiling water. Pour a number of litres of boiling water in the nest exits. Repeat this a few days later.

Do not spray with chemical agents. It is dangerous to yourself and to your family eating the vegetables.
7. Aphids and ants
8. Fruit in your garden

Papaya
There is quick fruit that can soon be harvested. And there is large and small fruit of trees and bushes that need a bit more time.

Papaya, banana and pineapple can yield fruit within a year. The banana creates shoots that you can sprout.

As soon as a shoot has roots of its own, you carefully cut it loose. Do this as close as possible to the mother plant. Plant it as soon as possible.

You can usually eat fruits of papayas in 2 to 3 years. Sow new papayas in time so you can continue harvesting. If you are unlucky then you may have a papaya with male flowers, this will not yield fruits.

Buy a pineapple in the shop and cut off the top with the green leaves. Plant the top in a pot. When it starts growing you can plant it in the garden. Do not water too much. After approximately a year you can harvest a deliciously sweet pineapple.
Large fruit
Large fruit trees are kenepas, tamarinds and medlars. It takes some time before these trees yield fruit, however they become beautiful shade trees under which you can sit pleasantly.
Small fruit
Small fruit trees are soursops, limes, pomegranates, shimarukus, guavas, Surinam cherries and sugar apples. These fruit trees can already yield fruits after two years.
Climbing fruit
Climbing plants like passion fruit and grapes can grow over a pergola. They yield fruit and offer shade!
Useful places for fruit
Fruit trees grow really well alongside the cesspool and near the drainage of the washing machine or the shower. Extend the drainage a bit into the garden and plant fruit there.

Fertilising fruit trees
A proper hole of 40 cm wide and deep must be dug for fruit trees. Fill this hole with black soil. It is a bit of work but it yields much fruit. To yield fruit, the fruit trees must be fertilised every 2 months. Place a layer of manure of 3 cm around the tree. Keep some distance from the trunk.
Herbs

Pepper
Herbs are easy to grow and they give a nice flavour to the food. Well-known herbs are parsley, celery, coriander, mint and basil. Larger herbs are red pepper and lemon grass.
Shooting herbs
You can cut a piece from herbs like mint and basil for cuttings.
Place the cutting in a small pot with water. After about a week the cutting will have roots.
When there is a nice bunch of roots of approximately 2 cm then you can plant the cutting.
Tearing herbs
Lemon grass creates young plants right next to its own roots. Tear or cut a young part that has its own roots of about 2 cm from the plant. Plant the new plant in moist soil, press the soil well and water.
10. Microgreens

You can already harvest after 1 week!
Microgreens are seedlings that you cultivate specifically to be eaten in a salad. This can, for instance, be lettuce, rocket, daikon, red beets and green herbs. You will then have all sorts of flavours.

Use the same seeds as for large plants. Cut the microgreens when they are 4 cm tall.

Microgreens are very healthy. They are full of vitamins and taste very well in a salad.
Appendix 1
Make your own vegetable greenhouse
There are two ways to make a simple vegetable greenhouse: a model with a wooden frame or a model with a frame of PVC tubes.

Examples of this wooden vegetable greenhouse can be found with many different people in their garden.

<table>
<thead>
<tr>
<th>Materials wooden vegetable greenhouse</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 slats of 2 inches x 2 inches x 16 feet</td>
<td>$88</td>
</tr>
<tr>
<td>Screws of 6 x 1-5/8</td>
<td>$8</td>
</tr>
<tr>
<td>10 metres of shade mesh 50% (3 metres wide)</td>
<td>$125</td>
</tr>
<tr>
<td>Iron wire, door fitting</td>
<td>$10</td>
</tr>
<tr>
<td>Total</td>
<td>$231</td>
</tr>
</tbody>
</table>
If you do not have materials to make trays then you can purchase 3 shelves of 1 inch x 10 inches x 16 feet for about $78.

<table>
<thead>
<tr>
<th>Materials PVC vegetable greenhouse</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 PVC tubes of 1.5 inches x 5 metres</td>
<td>$27</td>
</tr>
<tr>
<td>11 slats of 1 inch x 3 inches x 10 feet</td>
<td>$48</td>
</tr>
<tr>
<td>2 slats of 2 inches x 3 inches x 10 feet</td>
<td>$13</td>
</tr>
<tr>
<td>Screws 6 x 1-5/8</td>
<td>$4</td>
</tr>
<tr>
<td>9 metres of shade mesh 50% (3 metres wide)</td>
<td>$112</td>
</tr>
<tr>
<td>6 reinforcing pins</td>
<td>$6</td>
</tr>
<tr>
<td>Iron wire, door fitting</td>
<td>$10</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$220</strong></td>
</tr>
</tbody>
</table>
Appendix 1 Make your own vegetable greenhouse
Appendix 2
Seeds and plants
### Plant distance, germination and harvest

<table>
<thead>
<tr>
<th>Plant</th>
<th>Plant distance</th>
<th>Germination after</th>
<th>Harvest after</th>
<th>How long can you continue harvesting?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans</td>
<td>30 cm</td>
<td>7 days</td>
<td>6 weeks</td>
<td>6 to 8 weeks</td>
</tr>
<tr>
<td>Cucumber chikí</td>
<td>40 cm</td>
<td>7 days</td>
<td>6 weeks</td>
<td>8 to 12 weeks</td>
</tr>
<tr>
<td>Cucumber</td>
<td>40 cm</td>
<td>7 days</td>
<td>6 weeks</td>
<td>4 to 6 weeks</td>
</tr>
<tr>
<td>Yardlong beans</td>
<td>30 cm</td>
<td>7 days</td>
<td>6 weeks</td>
<td>6 to 8 weeks</td>
</tr>
<tr>
<td>Chinese cabbage (leaf)</td>
<td>25 cm</td>
<td>7 days</td>
<td>5 weeks</td>
<td>6 to 8 weeks</td>
</tr>
<tr>
<td>Bell pepper</td>
<td>40 cm</td>
<td>14 days</td>
<td>10 weeks</td>
<td>Six months</td>
</tr>
<tr>
<td>Rocket (leaf)</td>
<td>10 cm</td>
<td>7 days</td>
<td>5 weeks</td>
<td>6 to 8 weeks</td>
</tr>
<tr>
<td>Lettuce (leaf)</td>
<td>25 cm</td>
<td>7 days</td>
<td>6 weeks</td>
<td>4 to 6 weeks</td>
</tr>
<tr>
<td>Spinach</td>
<td>40 cm</td>
<td>Shoot</td>
<td>6 weeks</td>
<td>40 weeks</td>
</tr>
<tr>
<td>Elephant’s ear (leaf)</td>
<td>40 cm</td>
<td>Shoot</td>
<td>4 weeks</td>
<td>2 years</td>
</tr>
<tr>
<td>Tomato</td>
<td>40 cm</td>
<td>10 days</td>
<td>10 weeks</td>
<td>6 to 8 weeks</td>
</tr>
<tr>
<td>Chard (leaf)</td>
<td>30 cm</td>
<td>7 days</td>
<td>7 weeks</td>
<td>6 to 8 weeks</td>
</tr>
<tr>
<td>Okra</td>
<td>40 cm</td>
<td>10 days</td>
<td>8 weeks</td>
<td>8 to 12 weeks</td>
</tr>
<tr>
<td>Basil</td>
<td>20 cm</td>
<td>7 days</td>
<td>4 weeks</td>
<td>1 year</td>
</tr>
<tr>
<td>Coriander</td>
<td>10 cm</td>
<td>7 days</td>
<td>5 weeks</td>
<td>6 to 8 weeks</td>
</tr>
<tr>
<td>Parsley</td>
<td>12 cm</td>
<td>25 days</td>
<td>9 weeks</td>
<td>1 year</td>
</tr>
<tr>
<td>Celery</td>
<td>10 cm</td>
<td>10 days</td>
<td>8 weeks</td>
<td>1 year</td>
</tr>
<tr>
<td>Banana</td>
<td>2.50 m</td>
<td>Shoot</td>
<td>1 year</td>
<td>Once</td>
</tr>
<tr>
<td>Papaya</td>
<td>2.50 m</td>
<td>14 days</td>
<td>1 year</td>
<td>2 years</td>
</tr>
</tbody>
</table>
Only replant young plants when they have at least 6 leaves! When they are smaller, they are still too weak.

TIPS!

Take good care of plants that continue growing after the harvest!
- Use a sharp knife to cut the harvest, otherwise you hurt the plant unnecessarily.
- In case of lettuce, Chinese cabbage, chard, celery and parsley only cut off the outer leaves in order that the plant can continue growing.
- Monthly give the plant some manure.
- With okra cut the top from the plant when it is app. 1-1.5 metres high. The plant then starts creating lateral sprouts and will not get too high.
You must ‘thieve’ tomatoes!
This means removing all lateral sprouts in the space between the stem and the leaf. If you let the lateral sprouts continue growing then this affects the strength of the main stem. You will then have small and weak tomatoes.

Where can I buy seeds?
There are no fixed points of sale for seeds. Sometimes seeds can be found with Green Label, Kriabon, Boomerang or Kooyman. Check the expiry date of the seeds, do not buy old seeds. You can best order the seeds by post via:
- USA: www.johnnyseeds.com
- The Netherlands: www.zaadhandelvanderwal.nl

How can I best store seeds?
In a plastic bag in the refrigerator.

Where can I buy young plants and trees?
- Markets: Kriabon market, Marshe di Playa and the monthly market at Mangazina di Rei
- Green Label
- Boomerang
- Private individuals (tip: check on Facebook with the group Gardening on Bonaire)

Quickly bid farewell to sick plants!
At some point the plants become weak. You will see barren leaves, dried stems and leaves with a pale colour. Weakened plants are susceptible to diseases. Even if they still yield some harvest: remove affected plants as soon as possible. Otherwise they will infect your other plants.
Appendix 3
Growing in pots, buckets and trays
You can also grow plants in pots, buckets and trays.

- Make sure that the plants have enough room to grow.
- Provide for sufficiently deep soil (25 cm).
- Fertilise every month.
- Replant the plants annually in a larger pot with new soil.

Water the plant that you are going to replant a little. Fill a larger pot with black soil and moist the soil well. Then you remove the plant from the old pot and plant it in the new pot.
Appendix 4
Tips to save water
Tip 1: keep the soil protected
If the soil is bare then the water evaporates quickly. Protect the soil with green leaves of healthy plants. This keeps the soil cool and nicely loose. Do not use wood chips and sawdust! This is usually waste of impregnated wood with toxic substances.

Tip 2: water enough, not too much
Enough means as soon as a little puddle appears on the soil. When the water no longer disappears immediately into the soil, you stop pouring.

Tip 3: use washing water for fruit
Fruit grows well on washing water. Create a drainage from your washing machine or your shower to a fruit tree. Do not drain dishwashing water and cleaning water in the sink, use it for your fruit trees or shrubs instead. Attention: the washing water cannot contain chlorine or bleaching agents!
Appendix 5
Important nutrients
Important nutrients for plants are: nitrogen (N), phosphor (P) and potassium (K). If you mix the different types of manure, soil of the watapana and the wood ashes then you have a complete plant nutrition.

Artificial fertilisers with the three nutrients can also be purchased, it is called NPK. It gives your plants a ‘boost’. But it does nothing for your soil, it remains poor and meagre.

A comparison: natural fertiliser is a healthy meal; artificial fertiliser is a vitamin pill.

Tip! Fresh manure has the most nutrients. But it is sharp for the roots of your plants. It certainly damages young plants. You can, however, use fresh manure, but always mix it with ripe manure, i.e. manure that has been there for a year.

Chicken manure and goat manure are available at Kunukero’s.

Always mix fresh donkey manure with ripe manure. Donkey manure has a beautiful, fibrous structure that improves the soil.

Soil from under the watapana is rich of nutrients. The tree drops leaves and branches that start digesting. If animals regularly rest under the tree then they fertilise and urinate on the layer of leaves and branches. This way a fertile, black soil is created.

Wood ashes have a lot of phosphor and potassium and are an important nutrient. Pay attention to the type of ashes that you use: the ashes of burnt waste or scrap wood may contain hazardous chemical residues. Use the ashes of woodcuttings or the ashes of charcoal from the BBQ.

<table>
<thead>
<tr>
<th>Source</th>
<th>Organic substance</th>
<th>N</th>
<th>P</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Donkey</td>
<td>20%</td>
<td>0.55%</td>
<td>0.30%</td>
<td>0.35%</td>
</tr>
<tr>
<td>Goat</td>
<td>30%</td>
<td>0.70%</td>
<td>0.35%</td>
<td>0.30%</td>
</tr>
<tr>
<td>Pig</td>
<td>20%</td>
<td>0.83%</td>
<td>1.30%</td>
<td>0.30%</td>
</tr>
<tr>
<td>Chicken</td>
<td>18%</td>
<td>0.97%</td>
<td>1.45%</td>
<td>0.70%</td>
</tr>
<tr>
<td>Fertiliser NPK</td>
<td>0%</td>
<td>10%</td>
<td>10%</td>
<td>10%</td>
</tr>
</tbody>
</table>
Appendix 6
Crop rotation
After the harvest you must remove the plants from the soil and care for the soil. You can then sow or plant a subsequent crop. But you do not always plant the same crop at the same location. Because this may result in diseases of the soil due to moulds and nematodes.

Using a different type on the same plot of land with every cultivation is called crop rotation.

A healthy rotation is:
leguminous crop => fruity crop => leafy crop

An example of three subsequent cultivations:

<table>
<thead>
<tr>
<th>first cultivation</th>
<th>bed 1</th>
<th>bed 2</th>
<th>bed 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>leguminous crop</td>
<td>yardlong beans</td>
<td>fruity crop</td>
<td>leafy crop</td>
</tr>
<tr>
<td>okra</td>
<td></td>
<td>tomato</td>
<td>yardlong beans</td>
</tr>
<tr>
<td>leafy crop</td>
<td>chard</td>
<td>leguminous crop</td>
<td>okra</td>
</tr>
<tr>
<td>spinach</td>
<td>leguminous</td>
<td>fruity crop</td>
<td>leafy crop</td>
</tr>
<tr>
<td>beans</td>
<td>okra</td>
<td>tomato</td>
<td>chard</td>
</tr>
<tr>
<td>peanut</td>
<td>cucumber</td>
<td>pepper</td>
<td>Chinese cabbage</td>
</tr>
<tr>
<td>beans</td>
<td>pepper</td>
<td>okra</td>
<td>spinach</td>
</tr>
<tr>
<td>okra</td>
<td>bell peppers</td>
<td>green herbs</td>
<td>elephant’s ears</td>
</tr>
<tr>
<td>aubergine</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Of course you can also pick other vegetables. As long as you rotate the correct types. Alongside you can see what vegetables belong to what type of crop: leguminous, fruity or leafy.
Basic Book Vegetables and Fruit on Bonaire

This book for starting gardeners is for anyone who wants to grow vegetables and fruit for personal use. Step by step you can see how you build, care for and harvest a vegetable garden.

The photos show what you need and what you should do. The text clarifies the story. You can find additional information in the appendices.

Enjoy the gardening!

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